



Constipation



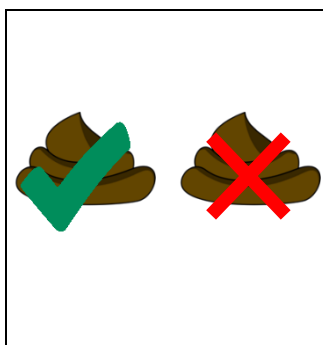
Constipation is when your poo is hard and you find it difficult or painful to go to the toilet.



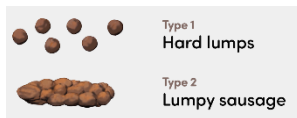
You might be constipated if you do a poo less than 3 times in a week.



You might be constipated if you sit on the toilet for ages and cannot do a poo.



You might be constipated if you do a poo, but feel that there is more that will not come out.



You might be constipated if your poo is lumpy or hard.



You can be constipated if you do not drink enough water or juice.



Everyone should drink 6 to 8 glasses of water every day.



You can be constipated if you do not eat enough food with fibre in it. These are foods like fruit, vegetables and brown bread.



You can be constipated if you do not do enough exercise every day.



You can be constipated if you hold your poo and do not go to the toilet.



You can be constipated if you are worried or stressed.



Some medicines can make you constipated.



You can be constipated if you are feeling ill.



When you are constipated your tummy might be bloated.



When you are constipated you might feel like you want to throw up.



When you are constipated you might have a pain in your tummy or your bottom.



If you are constipated, it is important that you do something about it.



If you are constipated, you should talk to your doctor.



What can help you if you are constipated?



Eat foods with lots of fibre

fruit



vegetables



baked beans



Wholemeal bread



porridge & oats



brown rice



wholemeal pasta



wholegrain cereals



Drink 6 to 8 glasses of water everyday.



Massage your stomach gently.

Do different kinds of exercise 3 or more times every week.



Try to do your poo at the same time everyday.

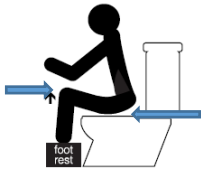




This is how to do a poo if you are constipated.



Put your feet on a box or small stool.



Make sure your knees are higher than your hips.



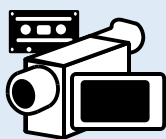
Lean forwards.



Put your elbows on your knees.



Stick out your stomach. Straighten your back.



If you want to know more about constipation, watch this video.

<https://youtu.be/R16WY6MLBBU>